

Probiotics: Good Bugs for Your Gut

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A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

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Probiotics and their associated health benefits have been internationally known and consumed for decades. However, it is only in recent times Americans have begun to embrace the bacteria culture. In only a matter of a couple years, the number of commercially available products has grown exponentially, making it harder for you to know which will really help you.

What are Probiotics?

The word "probiotic" comes from the Greek meaning "for life." The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) in a joint report described probiotics as "live microorganisms, which, when administered in adequate amounts, confer a health benefit on the host."

Probiotics are small living bacteria that colonize in the gastrointestinal tract. Their habitation helps you to maintain a healthy gut, among other health benefits still not fully realized. You have trillions of bacteria in the GI tract; some good, some bad, though roughly 70 percent are considered neutral. Scientists have learned that the ratio of these bacteria in the gut, particularly good vs. bad, play an important role in health and well-being. When there are favorable numbers of good bacteria, it is more likely that you will experience less illness and discomfort.

Health Benefits of Probiotics

The health benefits of probiotics vary, depending on the strain. It's tempting to talk about probiotics as if they were one thing. But you can't generalize that because one probiotic does one thing, they'll all do it. This is because each strain is different and therefore has its own unique effect on the body. The process for understanding all of the associated health benefits of a bacterium requires multiple clinical trials. There are hundreds of different types of probiotics; some have been studied, others merely identified - thus, there is much needed work to be done.

Today, many probiotic products on the market claim a wide variety of health benefits despite the lack of significant scientific evidence. Appropriate labeling should state the genus, species, strain of probiotics, and viable concentration present in the product and storage conditions.

The Future of Probiotics

It can be expected that probiotics will make a significant impact on the U.S. market because of their advantages in terms of price, safety, and greater accessibility to a large number of people. *Our goal is to help you find out which probiotic will work best for you.*

We have found great success with and recommend **Probiotic Pearls™** that feature the two most studied forms of beneficial bacteria sealed in a tiny, easy-to-swallow capsule. A box of 30 capsules (a one month's supply) is just \$16.50! As always at Norland Avenue Pharmacy, your satisfaction is guaranteed.



If you're not satisfied after a month's recommended use, bring in your box and original receipt for a full refund.

25% OFF ALL COUNTRY LIFE PRODUCTS December 11th-31st

Probiotics vs. Yogurt

Probiotic products are sold in the form of dietary supplements and food. Most yogurt contains live bacteria that may be good for you, such as *Streptococcus thermophilus* and *Lactobacillus bulgaricus*, however they cannot withstand the high acidity of the stomach in order to enter the intestines alive and active. Science has shown that the benefits of good bacteria are primarily gained in the intestines, which is one of the defining criteria between yogurt and probiotic supplements. In order for probiotics to reach the small intestine (where nutrients are digested and released in to the bloodstream), they must be able to survive the trip through the harsh stomach fluids.

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Tips for Healthy Eating During the Holidays

- Keep a generous variety and quantity of the healthiest snacks and treats in sight, like almonds, clementines, pumpkin seeds, carrot sticks, low salt chips, and fruit.
- Keep the most processed foods and the simplest carbohydrates out of sight and out of reach, so that they can't be eaten mindlessly. Or simply avoid buying them.
- Buy and eat absolutely no high fructose corn syrup (HFCS) or artificial sweeteners, since both lead to cravings for more sweets, and so are costly in money and in health.
- Look for ways to replace your favorite holiday foods with healthier versions, either by buying or baking something similar with more nutrition and less junk. For instance, make mashed potatoes with the skins on to retain the fiber and nutrients.
- Take healthy foods (with fiber, protein, or nutrition), like apple crisp or salad, to share at holiday gatherings.
- Skip the starchy side dishes (white rolls, mashed potatoes) during holiday meals.
- When faced with temptation, slowly savor just a bite or two of sweet treats to enjoy the flavor without so many calories.
- Bake with sweeteners that come from food: applesauce, bananas, juice concentrate, raw honey, real maple syrup, and stevia. Drop cookies and bar cookies work best when substituting ingredients like liquid sweeteners because the flour and egg can be increased to offset that the batter is more liquid.
- When you do bake with sugar, try using half as much sugar, replacing sugar with the same amount of a less processed sweetener, replacing half the flour with whole wheat, or choosing a recipe that includes high nutrition ingredients like oatmeal, fruit, and nuts, to get the most nutrition with the least simple carbohydrates.

Check out Norland Avenue Pharmacy's selection of healthier treats and alternative sweeteners (raw honey, maple syrup, stevia, demerara sugar) to take the place of your family's junk food favorites. We sell stocking stuffers like maple candy, pumpkin seeds, high fiber/protein snack bars, 100% fruit snacks, and soy nuts. We have chips and snack bars with more fiber/protein, less salt, and little or no sugar. We have drinks, 100% fruit snacks, candies, and cookies that don't have high fructose corn syrup, artificial colorings or preservatives. We can help you fill a gift bag with healthier snacks for you to give as a gift to your favorite health food lover, wrapped and ready when you leave the store.

If you decide to eat healthy this holiday season by avoiding corn syrup, sugar, and junk food, you'll find that you feel better emotionally and physically in January with more energy, fewer sugar cravings, and fewer colds. If you have any questions, stop in or call and ask for Cindy Weidman our on staff health educator.

Meet the Team



Debbie Page, Pharmacist

Please join us in welcoming Debbie Page to our team. Debbie recently joined us as a part-time pharmacist. She has devoted her career to retail pharmacy and is looking forward to serving you.

Debbie moved from Rochester, New York to Chambersburg in 2005 with her husband and loves the beautiful scenery and wide open spaces.

During her short time at Norland Avenue Pharmacy, Debbie has been instrumental in securing flu vaccinations to be administered at the pharmacy.

If you would like a flu vaccination, please stop by the pharmacy or give us a call to schedule a time. We have regular flu vaccinations available today, and Debbie is working hard to get the H1N1 vaccinations in soon.

**The six best doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.**

**These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.**

- Nursery rhyme quoted by Wayne Fields, *What the River Knows*, 1990

You're Invited

Please join us Friday, December 11th for
our Christmas Open House
from 8am-7pm!

- 25% Off ALL Gifts
- Refreshments
- Carolers
- Coloring Contest
- Door Prizes
- Grab Bag Coupons
Up to 50% Off
- FREE Gift Wrapping



COMPOUNDING



Charles Hill, R. Ph.

December arrived and everyone is looking forward to the holidays with friends and family. Unfortunately, with the fun and festivities arrives the dry, cold and bitter weather. All these things (little sleep, poor eating habits, dry indoor and outdoor air and cold) combine to cause havoc to your skin.

According to the American Academy of Dermatology a few tips can have your skin feeling healthy and happy this winter:

1. **Humidify the air.** Two or three humidifiers placed around your house can keep the air from becoming too dry. If you don't want to invest in an expensive humidifier a small inexpensive humidifier available at most drug stores or home improvement centers will do the trick. This added moisture in the air prevents the skin from becoming dry and cracked.
2. **Switch to an oil based moisturizer and apply it frequently.** Ointments contain the most oil. By definition an ointment is 80 percent oil and 20 percent water therefore does a better job at moisturizing than creams and lotions. Ointments are especially helpful when humidity is low. Avoid using ointments in areas that can become hot or sweaty.
3. **When going outside apply broad-spectrum sunscreen with an SPF of 30 or higher.** This will help create a barrier to the harsh elements while also protecting against the sun which is reflected off the snow by as much as 80 percent (compared to only 17% off of sand in the summer). Make sure to grab those gloves too, they help to protect the hands from the low humidity and cold air.

Of course we've got our compounding lab working on a few goodies for you this winter. Come in and talk to us about what we might be able to do for you. **We've got all sorts of formulas available for hard to treat dry skin, lip balms, shampoos, etc. If you've tried the simple solutions above and still find no relief we will put our problems on the task for you.**

CORNER

HEALTH FUNNIES

Doctor Bloomfield, who was known for extraordinary treatment of arthritis, had a waiting room full of people when a little old lady, almost bent over in half, shuffled in slowly, leaning on her cane.

When her turn came, she went into the doctor's office, and, amazingly, emerged within five minutes walking completely erect with her head held high. A woman in the waiting room who had seen all this rushed up to the little old lady and said, "It's a miracle! You walked in bent in half and now you're walking erect. What did that doctor do?"

"Gave me a longer cane."

Health Benefits of Cod Liver Oil

Cod liver oil is one of the most concentrated and reliable food sources of four nutrients that are essential to your health: DHA, EPA, vitamin A, and vitamin D. These four nutrients are needed for

- Healthy skin
- Strong bones and teeth
- Healthy joints
- A healthy cardiovascular system
- A healthy nervous system
- Prevention of depression and other mood disorders
- A healthy lining for your digestive tract.

DHA is a fatty acid that is essential to the health of your nervous system and eyes and is vital to preventing depression. If you suffer from intermittent or chronic depression, this is one nutrient that you want to get every day. If you want to get pregnant or are pregnant, you need to eat foods with DHA on a regular basis in order to support proper development of your baby's nervous system and prevent depression during pregnancy and after the baby arrives.

EPA is a fatty acid that promotes a healthy cardiovascular system and decreases inflammation throughout your body. Its anti-inflammatory properties makes EPA especially

helpful to people who suffer with arthritis. EPA is also closely linked with your emotional health. Many studies show that it also plays a role in preventing depression.

Vitamin A is necessary for proper vision, healthy skin, and strong mucosal linings, including the lining of your digestive tract. Many skin and digestive disorders cannot fully heal without a reliable supply of vitamin A.

Vitamin D is essential to maintaining strong bones and teeth. It enhances the strength and efficiency of your immune system, which decreases your risk of developing autoimmune conditions. Vitamin D helps your body regulate its blood sugar levels, playing an important role in preventing type II diabetes. Finally, vitamin D is one of several nutrients that are necessary for preventing high blood pressure.

We recommend one teaspoon of **Nordic Naturals Arctic Cod Liver Oil** daily with food. Available in strawberry and orange flavors, an 8 ounce bottle is just \$23.95! **And, for December only, all Nordic Naturals Cod Liver Oils are 20% off.** That means you'll pay just \$19.16 for 8 ounces or \$34.36 for 16 ounces (regularly \$42.95)!



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